

The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 45, No. 11 August 2003

Lone coyote goes to war

By Tech. Sgt. Greg Burnetta
190th Public Affairs

Charles A. Lindburg was the Lone Eagle when he flew solo across the Atlantic in 1929, but a 190th member was the Lone Coyote when she deployed to the desert in 2003.

Eighteen-year-old Senior Airman Heather Copeland, 190 Civil Engineering Squadron, Disaster Preparedness, was barely out of Tech School when she was deployed to Bahrain one day before

the war with Iraq began. She was the only member of the Kansas Air Guard who deployed to that location.

She didn't know anyone at Bahrain. "I was a little nervous because I had just gotten out of Tech School and I was afraid I wouldn't know enough," she said. "But I decided this was a great opportunity because I was only 18 and most people never get to do anything like this."

Heather joined the 190 Air Refueling Wing through the delayed entry program during her senior year in high school.

She joined on September 9, 2001, two days before the attacks on the World Trade Center and the Pentagon.

She attended Basic Training beginning two weeks after her high school graduation, and went on to Tech School immediately after Basic Military Training.

Copeland graduated from Tech School October 18, 2002.

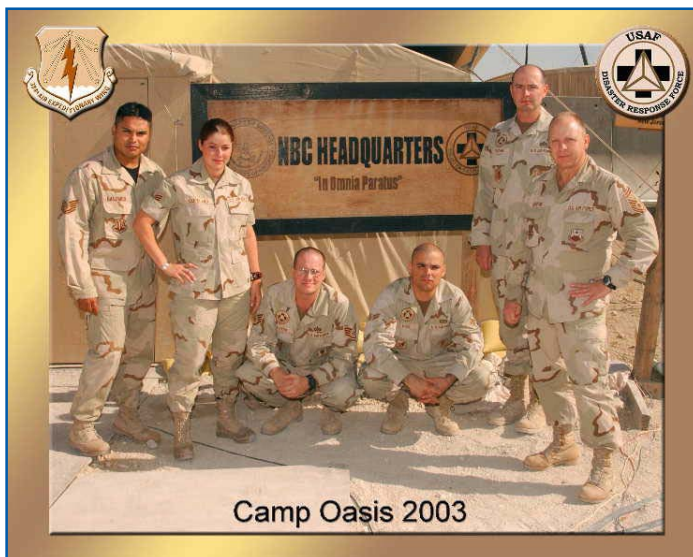
She entered college at the first of the year and had to drop out three weeks later when she learned she was being deployed.

"I had been told I was going to deploy in February, but wound up not going until March," she said.

Copeland deployed, by herself, on March 19 and stayed on active duty for four and a half months until July 2, 2003. She said she was concerned for her parents. She knew that being deployed to that region of the world would worry her parents. "I'm the oldest child and it's a little hard for a parent to know their child is going to the desert," she said.

United States forces already occupied the base when she arrived. This meant most of the biological, chemical, and nuclear alarms had been placed and activated, but they needed continuous testing and had to be monitored 24 hours a day, seven days a week.

She was assigned to test and monitor the alarms. Specifically, she was placed in charge of all the M-22 and ICAM (chemical agent detector) equipment. "I didn't really have any problems, for things I wasn't sure of I asked questions and got help." For the first month



NBC Headquarters

Senior Airman Heather Copeland along with the other members of the Bahrain Disaster Preparedness team.

photo provided by Senior Airman Heather Copeland

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190th Tankers rich in history

By Lt. Col. Derek Rogers

190th ARW Comptroller

It seems all the news media wants to talk about today is how America needs to replace its KC-135 E-model Stratotankers. To look across our ramp, one would never guess these aircraft are 40+ years old, thanks in part to our outstanding maintenance. Our Stratotankers are rich in history and stories. For example, aircraft 1460 was one of only two known SAC (Strategic Air Command) aircraft to sport shark's teeth (the other was a B52) during the Vietnam War. It was stationed at Korat Air Base, Thailand and probably flew in many famous operations like Linebacker II.

Other interesting aircraft on our ramp are the D-models. These four aircraft on our ramp are the "new

ones," having been built in 1963. Originally designated RC-135A, they were configured for photo mapping and surveying and weren't even equipped with a boom for aerial refueling. After SAC obtained them from MAC (Military Airlift Command) they were stationed at Offutt AFB and used as staff transports. In 1980, SAC had them converted to tankers.

Our maintainers are to be commended for keeping these aircraft in such great shape and ready for worldwide duty. When higher headquarters or other units call the 190th for support, they know our men, women, and equipment are the "Standard of Excellence" and will get the job done professionally.

To find out more about the history of our aircraft, visit with the crew chiefs in the AGS (Aircraft

Generation Squadron). Other sources are KC-135 Stratotanker by Alwyn T. Lloyd, The C-135 Series by Don Logan, or Linebacker II: A View From the Rock by BG McCarthy and Lt Col Allison.



Lt. Col. Derek Rogers
190th ARW Comptroller

Unit Spotlight

Military Personnel Flight Spotlight

By Staff Sgt. John Carter

190th Public Affairs

The mission of the Military Personnel Flight is to provide the best customer service to the 190th members, dependents and other branches of service in a timely manner. The MPF is made up of several different sections and a variety of responsibilities. MPF consists of 23 personnel, which include the Customer Service department, Recruiting/Retention, Base Education/Training, Fulltime Manning, Personnel Systems Management and Personnel Employment.

One of the duties that Customer Service provides is identification cards. If you need a new ID card due to name or rank changes or if your card is damaged, customer service is open daily until 4:30 p.m. and all day on UTA weekends.

Customer Service also ensures that

every member's DEERS (Defense Enrollment Eligibility Reporting System) information is updated. It is important that your dependents are in the DEERS system prior to being mobilized as your dependents become eligible for medical and dental benefits. It is ultimately your responsibility to ensure that Customer Service is notified of any changes to your records. Customer service is also tasked with being the Office of Performance Reports for the Weight Management Program, Awards/Decorations and Dress & Appearance.

Something new to the Air Guard that will benefit the MPF is the vMPF or Virtual MPF. The vMPF is a web-based tool designed to allow the member to access personal records away from the unit.

Please contact your section training NCOIC for instructions on registering within the site. One must register for a

username and password in order to access the system. A priority item for members accessing vMPF is the update of their Record of Emergency Data (vRED). This update is mandatory.

Members can access the the vMPF at <https://www.afpc.randolph.af.mil/afpcsecure>.

Please visit the FAQ section, as some records, unlike your vRED, cannot be updated online. Members must visit the MPF in person for such functions as awards and decorations.

For more information contact the MPF at (785) 861-4130.



Civil Engineers deploy for state mission

By Sr. Master Sgt. Steve Nelson
190th Civil Engineering

Two members of the 190th Air Refueling Wing's Civil Engineering squadron undertook an emergency deployment to support the disaster ridden area of Republic county recently.

The quiet community of Belleville, Kan. fell victim to a tornado and torrential rains on Sunday, June 22, 2003. Soon after, Governor Kathleen Sebelius declared a State of Disaster Emergency Proclamation for the affected counties, paving the way for the community to request assistance from other agencies within the state.

The next day Civil Engineering Squadron Commander Lieutenant Colonel Craig A. Hansen received a call for assistance. The request asked for a large generator and the manpower to operate it. Staff Sgt. Paul Riggs and Staff Sgt. Keith

Carlson volunteered to assist, placing their lives on hold in the support of others.

With three hours notice, Carlson and Riggs went home, gathered their bags, and bid their loved ones farewell.

Vehicle Maintenance's Master Sgt. Steve Anderson volunteered to transport the 200 KW generator to the devastated community using the semi-truck and lowboy trailer.

The mission for the 190th was to power the pump that supplies water to the town and surrounding community.

The team arrived in Belleville shortly after midnight and went straight to work. The generator was up and running at 2:00 a.m. and the pump began supplying life sus-



In the Path...

The tornado caused extensive damage throughout Republic County
photo provided by Sr. Master Sgt. Steve Nelson

taining water to the community. Carlson and Riggs operated the generator day and night for the next four days.

Anderson returned to Belleville on Friday to retrieve the generator, thus concluding the 190th's mission.

Boomers support Relay for Life

190th Boomers feed the masses

By Sr. Master Sgt. Lee Perry
190th Operations Group

On Saturday, June 7, under cover of darkness, the 190th ARW Boom Operators, huddled near the fires at Hayden High School with one mission to accomplish — to feed the masses.

The masses were the people who came to support the 12th Annual American Cancer Society "Relay for Life."

The Boomers cooked over 650 pancakes during these pre-dawn hours before reporting for UTA later

that morning. The hungry walkers on the track enjoyed the food and drinks as they continued to reach this year's goal of \$100,000.00.

Recently, we have enjoyed the support of the surrounding communities in the fight against terrorism, now it was our turn to help in the fight against cancer.

While there are many worthy causes in our area, cancer is one that has touched all of us through our families and friends.

We welcomed the opportunity to make a difference and support such an important event. As individuals, we

can accomplish many small things, but as a group, there is no limit to the effect we can have on the community.



Senior Airman Mike Money and Tech. Sgt. Matt Miltz prepare pancakes for the Relay for Life participants.

photo provided by Sr. Master Sgt. Lee Perry

ANG Fitness program up and running

By Tech. Sgt. Denise Montgomery
190th Fitness Program Manager

As some of you may have noticed the new fitness program has started and is going full swing.

Hopefully, the majority of you have received the Fitness Assessment Preparation Guide. This guide gives instructions on what tests will be accomplished instead of the walk/run. For those of you that have not received this handout here is a quick description of the new program.

First, you start with weight, height, and waist measurements. Then you measure your resting heart rate for 15 seconds. Next, you will accomplish the cardio portion of the test which is a 3 minute step test on an 11 1/4 inch step. After you have completed the stepping another heart rate is taken for 1 full minute.

The flexibility test is next. Here you will sit and reach for your toes. A measurement is taken, if your fingers are before your toes it is a negative number, if you touch your toes it is zero, and if your fingers go past your toes the measurement is a positive number.

The last two tests are for muscular strength and endurance. That's right we have to do sit-ups and push-ups.

Sit-ups are timed to see how many you can do in one minute touching your elbows to your thighs or knees.

The last test is push-ups. They are not timed, but there is no resting allowed. Ladies must do the "female" push-ups which means we put our knees on the ground with our ankles crossed and feet in the air. Gentlemen must do the "male" push-ups. Both males and females must use the correct form - head, neck, and spine

should all be straight. The motion of a push-up requires you to lower your upper body until your upper arms are parallel to the ground (elbows bent at right angles). This completes your fitness test.

Your Unit Fitness Program Manager will then input your data into the angfitness.com website. Your UFPM will then print you a hard copy of your results and consult with you if you have a failing score on what will happen next.

The above information is a quick overview of the fitness program. If you have more questions please contact your UFPM or myself.

One additional note - the Fitness Program and the Weight Management Program are two separate programs and have no impact on the each other.

So, stop your worrying and let's get stepping!

Services Flight deploys to Hawaii



Coyote Cafe ~ Hawaiian Style

Get Fit!

Services personnel received training in the fitness center while deployed to Hawaii. Pictured: (Left) Staff Sgt. Dawn Guddé and Senior Airman Sherry Fincham
Photo provided by MSgt. Mike Akers



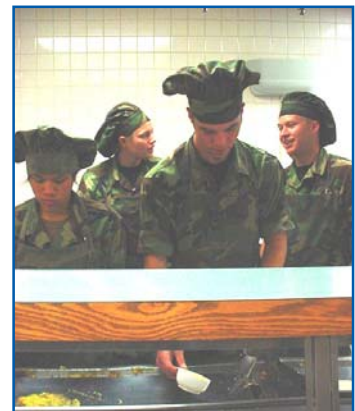
Services Flight enjoys a Luau

Pictured: (front row) Jessica Weissbeck, Sherry Fincham, Dawn Guddé, Janna Gustin, Cole Hawkins (back) Nathan Miles, Jerry Millsaps, Sean Cochran, Jason Meacham, Mike Akers, Ryan Sipes.
Photo provided by MSgt. Mike Akers

What's Cooking?

Services members gained additional training in food service in Hawaii. Members of Services Flight spent two weeks training at Hickam AFB in May.

Photo provided by MSgt. Mike Akers



LONE COYOTE - from page 1

and a half I was there, we had to wear full field gear and carry our MOPP suits all of the time," she said.

About two months into her tour of duty, she was told that one of the base's alarms tested positive for biological agents. Her superiors asked for volunteers to go check it out.

She was among the first of her peers to volunteer for that seemingly hazardous duty.

"We got into Level A suits (the white, encapsulated protective suits) and respirators," she said.

As they were checking the validity of the alarm, one of their superiors told them that it was only a test, much to the relief of Copeland and her colleagues. "They told us they just wanted to see how we'd handle it." "They said we handled it correctly," she said.

Copeland said one of her most memorable moments revolved around the delivery of CAPS Decon-

tamination Systems to several bases in Kuwait and Iraq. She said she and other trained disaster preparedness specialists had to accompany this equipment to the various destinations in order to ensure all the components arrived in tact.

One of the delivery missions was accomplished through the the assistance of a U.S. Marine Corps C-130 aircraft as the delivery platform.

The aircraft commander invited Copeland to sit in the co-pilot's seat and permitted her to fly the aircraft for approximately 15 minutes.



Baghdad International Airport

Senior Airman Heather Copeland in front of the Baghdad International Airport.

photo provided by Senior Airman Heather Copeland

grandmother, and her brother and his friend greeted her when she arrived at the Kansas City International Airport.

"I was just glad to get off the plane on U.S. soil and have my family there," she said.

Of the overall experience she said, "I got a lot of real world experience that will help me back here. Now I know what other people are wondering about when they go through the chemical training class and I feel I can really help them learn what they need to know."

While Copeland was deployed in the desert, in a real world military conflict, wearing full field gear in 130-degree heat, she somehow found the time and the motivation to complete her 5-Level CDCs.



Flying high above Baghdad

Senior Airman Heather Copeland enjoys the view from the co-pilots seat of a Marine C-130.
photo provided by Senior Airman Heather Copeland

"One of the places we stopped was the Baghdad International Airport and I have a picture of me standing in front of that," she said.

Copeland returned home the same way she had deployed – by herself. Her parents,



Senior Airman Patrick A. Sampson



Organization: 190th Communications Flight

Job title: Computer Systems Operations Specialist

Main Responsibilities: Ensuring all aspects of Information Protection - COMSEC, COMPUSEC, TMAP, and INFOSEC; creating web-based and network-based tools to assist in information protection; and computer user support.

Education: Graduated from Concordia High School in 1994, Cloud County Community College in 1996, and Kansas State University in 2003 with a Bachelors of Science, in Management Information Systems.

Military Experience: Joined the Army National Guard in July 1993. Transferred to the 190th ARW in January of 1999.

Goals and Ambitions: To expand my knowledge in the MIS and Information Assurance career fields, travel with my daughter around the world and retire young.

Hobbies and Activities: Spending time with my daughter, traveling and playing golf.

Most Memorable 190th moment: Working backstage at the Keith Urban/Sawyer Brown concert during the 2002 Air Show.

Coyote Comments

WHAT DO YOU THINK OF THE NEW PHYSICAL FITNESS TEST?



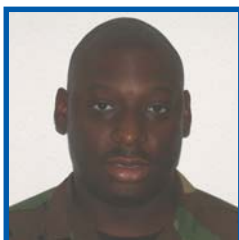
SrA John Johnston
Aircraft Generation Squadron

"I think the new test is good except for the cardio. I question how accurate it is."



SrA Pete Tavares
Service Flight

"Interesting to try something different. Looks to be an improvement."



SrAAaron Robinson
Military Personnel Flight

"I'm not sure what I think of the physical fitness test. It seems as though they have things all figured out."



TSgt Tammy Wells
Military Personnel Flight

"I feel that it is not an accurate assessment of actual physical fitness."

Promotions

A1C

Daniel J. Bagwell, Comm.
Christopher J. Bowling, CES
Trevon L. Ewing, Maint.
Doyse J. Keller, MED
Casey B. Peavler, MED
Jason E. Simmonds, Maint.



SrA

Mary C. Upham, Weather Flt.



SSgt

Chad J. Gunderson, CES
Troy D. Manz, MED
Pedro D. Rivera, MED



SMSgt

James L. Brown, SFS
Lynn McConnell, HQ



Lt Col

Kenneth C. Folger, 117th



Study and Test Taking seminar coming to the 190th in October

On October 21 and 22, the 190th will host a seminar dealing specifically with study skills and test taking in an effort to assist members in their preparation for CDC and other PME exams.

Look for more information on this course in future editions of the Coyote Log.

Contact Senior Master Sgt. Phil Mahan at 861-4081 or Col. Terry Fritz at 861-4490 for more information.

Security Forces to offer Pre-Basic Course in August

The Security Forces Squadron will offer the Pre-Basic Course for individuals who have not yet attended basic training on Sunday, August 3.

The course will begin at 0830 and conclude at 1130.

Individuals interested in enrolling must contact Master Sgt. Tom Hren by 1600 on Saturday, August 2. Hren can be reached at 861-4290

Lodging Changes!

The Services Flight will now make hotel reservations only for members who are in UTA/BUTA/RUTA status.

Members on Annual Training or any other Active Duty status must make their own reservations and pay for the room using their Government Travel Card. The current government rate is \$55.00.

Family Readiness Events

On August 2, 2003 the 190th Air Refueling Wing will launch Operation KUDOS (Kids Understanding Deployment Operations).

During the exercise children will experience a "mobilization processing line," "intelligence briefing," receive dog-tags, and "deployment orders." Upon completion of the briefings and processing lines, the children will board a KC-135 aircraft in preparation for their "deployment."

In September the Family Readiness Office and the 190th will host a family day at Gage Park and Topeka Zoo. Look for more information in next month's Coyote Log.

Contact Tonya VanSickle at 861-4940 for more information.

JOB OF THE MONTH Equal Opportunity NCO

Requirements:

SSgt or TSgt
Minimum 5-level (any career field)
Computer literacy
No history of criminal action

School Requirements:

1 Week: Drug Testing Program Managers Course
3 Week: Defense Equal Opportunity Management Institute (DEOMI)

Job Responsibilities:

Assist in the operation of the Wing Equal Opportunity and Substance Abuse Prevention Programs.

This is a non-deployable, traditional position.

If interested please E-Mail Capt. Riniker

Coyote Cafe Menu

Saturday August 2

Main Line

Veal Parmesan w/ tomato sauce
Garlic Scalloped Potatoes
Corn
Dinner Rolls

Short Order Line

Grilled Chicken sandwiches
French Fries
Onion Rings

Sunday August 3

Main Line

Sliced Turkey
Mashed Potatoes w/ Turkey Gravy
Stuffing
Peas
Sliced Bread & Butter

Short Order Line

Hamburgers
Chicken Nuggets
French Fries
Hot dogs

Hotel for August

Holidome

Chapel Hours

Protestant: 0800 - 0830
Latter Day Saints: 1100-1130
Catholic: 1345 - 1415

The Chaplain's Office is located on the 3rd floor of Hangar 662.

Air Force Virtual Education Center now online

<https://afvec.langley.af.mil/afvec>

Students must register in order to access the site. Once registered, students may order transcripts and view their academic progress report in addition to the many more tools and resources that are available.

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AF Outstanding Unit - 2000, 1985, 1979



Coyote Log Staff

Col. Michael J. O'Toole

Commander, 190th Air Refueling Wing

1st Lt. Chris Hill

Chief of Public Affairs / Editor

Tech Sgt. Greg Burnetta

Public Affairs NCOIC

Staff Sgt. John Carter

Public Affairs Admin. Support

190th Multimedia Support Center

Photographic / Graphic Support

190th Information Systems Branch

Printing / Distribution

190th Public Affairs/Coyote Log

Forbes Field (ANG)

5920 SE Coyote Drive

Topeka, KS 66619-5370

christopher.hill@kstope.af.mil

POC: Lt. Chris Hill

(785)861-4198 or (785)861-4791

www.kansascoyotes.com

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190TH ARW
PUBLIC AFFAIRS
FORBES FIELD (ANG)
5920 SE COYOTE DRIVE
TOPEKA, KS 66619-5370
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